The Orthodox Herald

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Volume 49, No. 3 ISSUE 578 **JULY 2000**

THE PRICE THEY PAID

With the Fourth of July coming, we may be worrying more about supplies for the picnic than wondering what happened to those men who signed the Declaration of Independence.

Five signers were captured by the British as traitors and were tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons in the Revolutionary Army, another had two sons captured. Nine of the 56 fought and died from wounds or the hardships of the Revolutionary War.

What kind of men were they? Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners, men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

They signed and they pledged their lives, their fortunes, and their sacred honor. They were not wild-eyed, rabble-rousing ruffians. They were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight and unwavering, they pledged: "For the support of this declaration, with a firm reliance on the protection of the Divine Providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor."

WINTER'S GRACE

A solid spiritual life is within everyone's reach. We may say that getting a life of any kind is hard enough in a world that has us going around in circles – from the stresses of our workplace or our many medical appointments to the demands of home and back again. Getting a spiritual life can seem like a luxury to be put off to another, quieter time.

Our search for a spiritual life begins not in some exotic, unreachable place but right where we are – in the midst of all the "craziness." It starts within our busy, tired stressed-out human heart, not in some other "more spiritual" place or time.



MARY OF MAGDA

Sometimes we hear a name from the Bible so often and it becomes so familiar that we may not realize that we do not know much about the person. One of these people is Mary Magdalene. We find her biography on July 22/August 4 in the Church Calendar. She was very visible in the life of Jesus and was designated by the church as "Equal to the Apostles." Who was she?

Mary Magdalene received her name Magdalene from the town in which she was born – Magdala, which was situated on the shores of Lake Galilee. She was tormented by seven evil spirits according to Luke 8:2. She was freed from them and healed by Jesus. She was obviously a woman of means for, along with Joanna and Susanna, she was able to provide for Jesus and the twelve apostles "out of their means." (Luke 8:3)

St. Mary became a faithful follower of the Lord while He was on earth, and she stood beneath the Cross when He was crucified. She was one of the women who ran to the tomb at dawn on the first "Easter" to anoint Jesus' body. In most icons she is depicted holding an oil pitcher in her left hand. St. Mark in 16:9 tells us that later, our Resurrected Lord appeared to her

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ORTHODOX DO NOT BE ANXIOUS

"Therefore I tell you do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on." These are Jesus' words found in the Gospel (Matthew 6:22-33). He teaches us the laws of the Kingdom of God.

But these laws seem strange – even naive – to us. Can we really live without concern for the future? Is it not better to make careful plans so that things will get done? Or can we use the excuse that it was not God's will when we fail at something? But it may not have been God's will at all, just the consequence of our carelessness and laziness!

As in so many things, Christian living requires balance. We **do** need to make plans and count costs to get things done – Jesus Himself says so (Luke 14:28-32). But we must also pray and put our trust in God. It is not a matter of one or the other – **we must do both: plan and pray!**

Is it so difficult to do both? Can we not include God in our plans? Can we not approach the process of planning with an attitude of piety and fear of God? What do we mean by "fear of God"? This means reverence, honour and respect together with the firm intention that we wish to please God in everything we do and not grieve or anger Him. Not because we fear punishment or rejection, although evil actions certainly **do** bring punishment upon those who do them. We should aim to please and not grieve or anger God because He is so great and so good and so generous and so merciful and so kind to us! If we have not yet noticed that, then we need to pray for "sound eyes" that our "whole body" may "be full of light," as Jesus says in today's Gospel.

In this way we can plan with joy remembering the many mercies of God – how much He has given us that is truly beautiful and beneficial to us, things for which we have not even asked. He has foreseen our needs and wisely and carefully prepared that they should be met in such a way as to give us the very most benefit –

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JULY 2000

DIED: Archbishop Sylvester in Canada
Metropolitan Peter in Japan
Pani Lawryk, Johnson City, NY

A PAN-ORTHODOX FAMILY PILGRIMAGE will be held from July 15-16 at St. Basil Academy on the east bank of the Hudson River in Garrison, NY, opposite West Point. For details, contact: Fr. Peter Paproski, 1194 Broadbridge Ave., Stratford, CT 06615, or phone (203) 375-2564 or E-mail: rppaproski%snet.net

A SPECIAL DISCOUNT on incense is being offered to those traveling to East Europe who wish to give a gift of incense to churches. Gloria Incense can be reached at 225 Chandler Ave., Johnstown, PA 15906 or phone (814) 539-0116.

THE SAVIOUR AND ST. NICHOLAS TOWERS in the Kremlin will again contain icons which they had until 1917. Patriarch Alex gave a gift of icons done in enamel glass mosaic to replace those which were destroyed.

ARCHBISHOP NIKOLAI was elected to succeed Metropolitan Dorotej as head of the 200,000-member Orthodox Church of the Czech lands and Slovakia. There are 4 dioceses and 180 parishes and a great shortage of churches. Archbishop Nikolai was ordained in 1950 and studied at the Russian Orthodox Seminary in Zagorsk from 1955-59. The church here was founded as a mission by SS. Cyril and Methodius in the 9th century.

THE 20TH CENTURY saw two-thirds of all the martyrs die in the 2000 years of Christian history (close to 27 million of a total of 40 million).

UKRAINIAN PRESIDENT Leonid Kuchma attended Easter services at three venues: a church of the Moscow Patriarchate, one belonging to Kiev Patriarchate and a Uniate one.

AN ICON OF St. Alexander Nevsky was presented to Vladimir Putin by Patriarch Alexi with the hopes that the saint would be the president's special protector.

AT AN OHIO-WESTERN PENNSYLVANIA DEANERY PARISH STATUS CONFERENCE called by **Archbishop Nathaniel** in March, one of the concerns addressed was that the Church faces much competition for the time of her faithful, and that young people are drawn into extracurricular school activities which are scheduled for Sunday. Adults must review their priorities viv-a-vis response to the Church and her programs.

A RELIGIOUS EDUCATION FUND in memory of his wife Preoteasa Cornelia has been started with a $20,000 gift by Fr. Vasile Hategan. He will match any donation given to the fund for the next 6 months. For info: The Rumanian Episcopate, 2535 Grey Tower Rd., Jackson, MI 49201-9120.

ORTHODOX CONFERENCE ON MISSIONS AND EVANGELISM 2000 will be held from Sept. 1-4 in Santa Barbara, CA. For info call toll free (888) 968-4014. Speakers will be Fathers Peter Gillquist, Martin Ritsi, Jon Braun and John Finley, and Monk Simon (Doolan).

CONSIDERED MEMBERS OF THE ORIENTAL ORTHODOX family are the Coptic Orthodox, Syrian Orthodox, Armenian Orthodox, Ethopian Orthodox, Eritrean Orthodox and Indian Orthodox churches.

THE BIGGEST NUMBER OF ADOPTIVE CHILDREN IN THE U.S. came from Russia last year. This totaled 4,348. As of March 28, the laws governing adoptions has been changed, making it harder. Several reasons for the change have been stated. There is some baby-sellers charging as much as $20,000 per child. Another reason is that too many children end up in unsuitable foreign homes.

THE ORTHODOX CHURCH uses the ancient Septuagint Text of the Old Testament, which includes books sometimes called Deutero-canonical. This is the Text quoted most often in the New Testament by Christ and the Apostles. There is no translation into English at this time.

POPE JOHN PAUL II will give a church built in the 17th century to the Moscow Patriarchate. The church is dedicated to St. Basil and is located in the heart of Rome. It is being restored at the present time.

"CHRIST THE LORD" is a CD released by the monks on Mt. Athos. It offers sacred hymns and sermons taken from religious literature the last two millennia.

A CHURCH IN THE CARPATHIAN STYLE is being planned for Camp Nazareth. The church will have wooden beams and traditional styling. A similar church is also being planned in Danbury, CT.

THE NUMBER OF MARRIED PRIESTS in the Orthodox Church in **Greece** is decreasing, while the number of unmarried priests is increasing. In an article in **Kathimerine**, the problem was attributed to the fact that priests are obligated to wear cassocks (at all times), and to the "despotism" and "lack of accountability" within the Orthodox Church's hierarchy.

PATRIARCH ALEXI said that "The West must end the double standard which it applies to Russia's actions in Chechnya..." He also said that the West applied double standards last year with its policy on the Balkans. "The crimes of Albanian terrorists were ignored, and the Serbs were blamed for all that was happening in Kosove."

AS ISRAEL IS CELEBRATING ITS 50TH ANNIVERSARY, citizens identify the rift over religion as their No. 1 problem. Today 2/3 say they are non-religious or secular and have differences with haredim, who Mayor Milo calls "parasites," as they live on welfare.

THE FIRST VOLUME of the Orthodox encyclopedia has been published. The first copy was given to Putin at his inauguration by Patriarch Alexi. This volume, one of twenty-five to be published, combines the integrity of the Orthodox outlook and the latest achievements in the field of humanities. It explores modern societal problems from the point of view of Orthodox moral principles. The next volume is due in October.

•Mary of Magda

first. St. John in 20:11-18 adds a moving account of how the Lord spoke to her and even asked her to deliver a message to the apostles. She was the first to announce to them that "I have seen the Lord." (John 20:17-18)

There is a legend that the custom of representing red Easter eggs began with her. After the Resurrection and Ascension of Jesus, she visited the Emperor of Rome, Tiberias Caesar. She greeted him with the words: "Christ is Risen" and gave him a red-dyed egg. But she did not leave it at that. She denounced Pilate for his unjust condemnation of Jesus and told him about Jesus. Caesar listened carefully to her and took action. He transferred Pilate from Jerusalem to Gaul, which was a demotion.

Upon her return from Rome, she helped St. John the Theologian in preaching the Gospel. She died in Ephesus. Her relics were transferred to Constantinople and subsequently to the beautiful Russian Orthodox Church dedicated to her, which is located near the Garden of Gethsemane in Jerusalem.

Some icons show St. Mary Magdalene depicted with the oil pitcher in her left hand and a red egg in her right hand. The egg represents the sealed tomb of Christ, while the red color represents the blood of our Lord shed for our salvation. Originally red was the only color used for the Easter egg and it still is the only color used for eggs given out in Orthodox churches at Easter.

The tradition of cracking eggs at Easter extends the custom. As one egg is cracked (symbolizing the seal of the Tomb of Christ being broken), the person holding that egg says: "Christ is Risen." The person holding the uncracked egg responds: "Indeed, He is Risen." Thus, with this simple game, our faith is proclaimed – our belief in the Resurrection of our Lord and Saviour Jesus Christ is declared.

So we continue proclaiming the Good News using the lowly egg as a focal point as St. Mary Magdalene did so many thousands of years ago.

•Orthodox do not be anxious

in preparing us to live with Him for eternity.

But how can we plan with joy and confidence when we also know that there are problems and disappointments along the way? We must ask for faith. Faith helps us to see that even the things we may want to call "bad" have a good side to them. We learn many good things from the things we must suffer. We awaken to deeper meanings. We learn how to be compassionate, since we, ourselves, experience the sadness and pain that others feel. Truly, everything that God sends or permits is for our good.

And so we, Orthodox, must not be anxious. We must plan and work with confidence and joyous hope in God. May He also find joy in us: in what we do that is good and worthy of praise, and also in our willingness to be humble, to admit our faults, and to learn to think, speak and act as we ought to as citizens of the eternal Kingdom – ever precious and ever holy to Him.

Archpriest Ihor Kutash, Ph.D

•Summer picnics

Heading west along Lake Erie, Holy Assumption Orthodox Church in Marblehead, Ohio has been celebrating their feast day with a Ham and Halupki Festival for many years. On the Sunday following their feast day (August 20 this year), parishioners host not only area residents but many vacationers. Marblehead, located in a peninsula in Lake Erie, is a very popular tourist destination. I'm amazed by the organization of the 45 parishioners who provide an excellent meal and entertainment for hundreds of guests. Parish treasurer Marian Glovinsky related how during World War II a change in the menu was needed due to the shortage of meat. It's when the Ham and Halupki Festival almost wasn't – but that's a story we'll save for another time.

New to the scene is the International Orthodox Festival, sponsored by the Cleveland Metropolitan International Orthodox Christian Charities. The event is held the weekend after Labor Day at St. Sava Serbian Orthodox Church in Broadview Heights, Ohio. A soccer tournament and ethnic bands and dancers provide entertainment with a wide variety of international foods available on the menu. Cleveland I.O.C.C. co-chairman Millie Vovos shared that the festival, now in its third year, is very popular and well-attended. All proceeds from the event go to support I.O.C.C.'s humanitarian efforts.

Picnics and festivals are very pleasant ways to spend a summer afternoon. Find one in your area, or if you're out our way, stop in and say "Hi" to Marian, Millie, and Prof and tell them Margie sent you.

Remember the church picnic grounds from my childhood? They've recently been renovated and are booked on weekends and even during the week throughout the summer and early fall. It's so nice to see that fellowship and good food are back in style again. Happy picnicking!

Margaret Pysarchyk

•Who was Elijah?

are convinced to rest, sleep and eat, it's amazing how much their spiritual and emotional well-being improves. Of course, this isn't always the answer. Perhaps, we seek complicated answers to our problems when we may only need decent food and rest and trust in God.

Our people honored St. Elijah because they knew how much he had done for belief in God. To learn more about this great prophet read 1 Kings 17:1-19:21; 21:17-21; 2 Kings 1:1-2:15; Mt 17:3).

Elijah appears again centuries after he had gone to heaven in a chariot. He appeared with Moses when Jesus was transfigured. And it is written that St. Elijah will come again to earth to call all to repentance and to the worship of Jesus Christ just before the end of the world.

Kondak: O prophet, who foresaw the mighty deeds of our God, great Elijah, who through your prayers stopped the rain, intercede for us with the only One Who loves mankind.

Tropar: the glorious Elijah, incarnate messenger of God. Pillar of prophets, and second forerunner of the coming of Christ, sent grace from on high to Elisha that he might cleanse lepers and heal sickness for all those who honor him.

* * * * * *

Too many people think religion consists in what they do for God. But religion consists in what God does for us – those great, stupendous things He dreams up for us. God is so good that He's the One who draws near. All He asks is that we be astonished by that fact. We just have to marvel at it. We'll be religious insofar as we're amazed at: "The wonders the Lord has done for me."

* * * * * *

A cloud can't cast a shadow unless the sun shines behind it.

WHY ATTEND?

We are looking at some of the copies from the early years of **The Orthodox Herald** and we found many issues with the admonition "Don't take a vacation from God." It was a time when people attended church on a regular basis until the summer months – they they headed for the shore or hills. The churches were almost empty. This was in the days before air-conditioned churches, so various things were tried to keep the parish going. Some Protestant churches decided to close. Orthodox tried having an early Pro-liturgy and stressed that it was OK to come in relaxed, informal clothing. Other churches advised Saturday early evening Vesper Services. Then they instituted the envelope system so that they could pay the bills during the summer months. Many churches installed air conditioners. But it was too late. Nothing bad happened to people when they did not attend on Sunday, so non-attendance extended through the fall and then all year 'round. The number of worshippers dwindled so gradually that few were aware of the trend. Now in many churches it is the few white heads who attend to worship God.

The question is: Why go to church?

Certainly, we do not need to be in a church building to worship God. We can worship Him anywhere. In fact, we ought to. St. Paul in his letter to the Thessalonians urges his hearers to: "pray without ceasing."

Prayer can be done anywhere – in our home, on our job, on the golf course, during times of rest. Certainly we can give thanksgiving to God at any time and at any place. We do not need to be in a church to thank God for His blessings.

Communing with God can take place in a variety of settings. Surrounded by the beauty of creation, we find ourselves compelled to acknowledge a power beyond our own. So we can worship God anywhere. But the question is, do we?

Most of us are not disciplined enough in our prayer life to take the time for regular and meaningful worship of God "anywhere." We need a regular set-aside time and place. The church gives us this. Here, in a congregation of people gathered together for the purpose of worship, something happens that is strengthening, uplifting and fulfilling. Many times, the burdens of life are too heavy and unbearable. We have a kinship with others who also carry burdens and let us know that we are not alone in our struggles. When "Two or three are gathered together, I am in their midst."

You do not need to go to church in order to worship God, but God does desire our worship to Him, and your church may be the place where you find you are able to do it faithfully. If God is everywhere, and you can worship Him anywhere, then surely you will find Him in Church. Go regularly, for it is demanded of you.

SUMMER PICNICS

There was a time when summer arrived that thoughts automatically turned to picnics. These were community gatherings of families and friends enjoying fellowship and good food. They were events that people of all ages could enjoy. With toe-tapping music and a festive atmosphere, picnics were the perfect place for young people to court. In this safe and secure gathering, parents were able to supervise at a distance. My own mom and dad met at such a Sunday picnic in 1946.

When I was growing up, our family lived near a church picnic ground. Many a summer evening I was lulled to sleep by gentle breezes carrying the sounds of polkas and waltzes through my open window.

As years passed, picnics became passe in our area and the grounds fell into disuse. Fortunately, picnics in other areas retained their popularity and even expanded to the point where they were now referred to as festivals.

One of the most notable of these events is Cleveland's Russian Day. Now in its 57th year, Russian Day will be held this year on Sunday, July 16 at German Central Organization in Parma, Ohio. This traditional family event has something for everyone – music, dancing, good food, and even a folk dance contest. It's a great place to see old friends and make some new ones. Top-notch entertainment is provided by the Russian Volga Octet and St. Nicholas Russian Youth dancers. The Russian Day committee is to be commended for not only a well-run program, but also for their generosity. Co-chairman, Prof. John D. Ressetar, reports that nearly $4,800 in proceeds were distributed in 1999 to the following: St. Tikhon's, St. Vladimir's and St. Herman's Theological Seminaries, St. John's Monastery, International Orthodox Christian Charities, St. Herman's House of Hospitality, and Ohio District FOCA Campgrounds.

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Dabs of Thoughts

The first Orthodox victim of communism was St. John (Kochurov) of Chicago, who was mercilessly killed during a business trip to Russia in 1917.

The danger of astrology is that it provides an avenue to deeper involvement with the occult. The New Age movement is a part of this.

There are many ways to do mission work. St. Isidor of Pelusium, in his zealous concern for the spiritual welfare of all Christians, wrote to nearly 10,000 persons. He directed his correspondence to all from emperors to simple soldiers, from patriarchs to simple monks.

The Nicene Creed is not only a Symbol of Orthodox belief, but it is also a prayer. All of it is taken from Holy Scripture.

St. Catherine on Mt. Sinai, which was in the news several months ago as it was visited by Pope John Paul II, was built in the 6th century by Emperor Justinian, who sent 200 slaves and their families to care for the monastery. Some of their descendants still live here.

Now let us step into the future and leave a lasting impression for generations to come.

What is the quality of our Orthodox worship? Does it fulfill the criterion of the Apostle Paul, who portrays Christian worship as an experience in which an unbeliever or outsider, falling on his face, will worship God and declare that God is really among you? (1 Cor 14:25) This apostolic criterion requires us truly to commit the very best, the first fruits of our time, talent, and treasures to the act of worship.

What is more beautiful than the sight of an old man and an old woman finishing their journey together on the path of marriage? Their hands are gnarled but still clasped; their faces are seamed but still radiant; their hearts are tired and bowed down but still strong. They have shown the happiness of marriage and have vindicated it from the jeers of cynics.

FUNDS

ALASKA FUND: Anna Koppang, Antonia Rotko
MISSION FUND: Joseph Roman, Harry Gobora, Elizabeth Casper, Helen Kuchmanich
BOTH FUNDS: Anonymous, Sophie Koronchick, **Ethel Watlock, Irene Rossi,** John Yurchak



EDITORS' NOTES

The pilgrimage to St. Tikhon's Monastery over the Memorial Day weekend seems to have regained the vitality which it had lost the last several years. There were representatives of all age groups and a sense of being one large Orthodox family. Many thanks to all who worked to accommodate the large number of pilgrims. A few hours after most had left, the grounds were clean and all refuse picked up and removed. Slava to Martin!

When we read Dead Souls by Gogol, we wonder how such a situation can be allowed to carry on. It has been brought to our attention that a "Dead Souls" writ is functional in one of the jurisdictions. Since when are parishes taxed for those who have already died?

When I was pursuing my doctorate at Syracuse University, I spent much time discussing and studying Sobornost with one of my professors, Dr. Nenad Popovich. The problems now looming in so many jurisdictions seem to hinge on the understanding of this word. In the Creed in Slavonic we end by saying, "I believe in one Holy, Sobornaya, and Apostolic Church." Is the word "catholic" the proper one for translation of the word "Sobornaya"? Sobornaya means that the church is made up of laymen and clergy and bishops. All of these groups are responsible for seeing that the church is run according to the canons of the church. If the ensuing authority goes too much in one direction or another, there is a problem. This delicate balance obviously needs attention. One has only to read the Internet to learn that "the church structure" is in jeopardy. More on this later.

July and August are slow months for subscribers. If everyone who is resubscribing would send in a gift subscription, it would make us very happy. There is someone in an extended care facility, a godchild, a new convert to the church, a new married couple, a serviceman or woman who would be reminded of your care for them 12 times a year – for only $7. If you send them a letter, it would cost you $3.96 for postage, and add in paper and your time. Isn't the Herald a bargain?

The Stroyens

BIBLE QUIZ

1. What kind of tree did Zacchaeus climb in order to see Jesus?
2. What tree was a symbol of grace, elegance, and uprightness?
3. What kind of wood was Noah's ark made of?
4. What miraculous event was the eating of bitter herbs supposed to commemorate?
5. What tree's spice was used in making oil for anointing?

ANSWERS: 1. Sycamore (Luke 19:1-4). 2. The palm (Psalm 92:12; Jeremiah 10:5). 3. Gopherwood (Genesis 6:14). 4. The Passover (Exodus 12:8). 5. The cassia tree (Exodus 30:24).

PRESS FUND

Thank You/Spasebo for helping us to keep publishing. So much of the work is done by volunteers, but there are costs like postage and printing that are always going up. You help us to meet these costs and, in a way, are also volunteers that help. Ethel Watlock, John Yurchak, Anonymous, Elizabeth Casper, Gloria Wheeler, Mary Kochmaruk, John Sutko, Sophie Koronchik, Doris Rusinko, Anna Dragon, Michael Speck, DDS, **The Knagin Family,** Helen Karpiak, Olga Melchionna, Mary Barker, Irene Rossi, Madeline Pisani, Russell Kantor, John Mohan, Sophia McKay, Teresa Chala, Irene Allen, Mary Kobani, Sandra Milosavich, **Anna Dorozynski, James and Johanna Wagner.**

Resurrection Donation from John and Theona Hatzi. From brother and best man Father Alexis Fedec and family for health on their 45th wedding anniversary on June 5 to **Dr. Stephen and Tatiana Fedec.** Velma Bova for health of Fr. Basil and Matushka Nina. Easter Donations from Burchick Family, Harry and **Rose Kulick, John Glagola** and Family. Paschal Donation from John Spack Family. Steve and Lenora Evancho for health of Steve Supina, Mary Mochoskay and special blessings for Fr. Basil and Matushka Nina Stroyen. Mary and Walter Malish in memory of Mary Petrochuk of Akron, OH. Russell Futchko in memory of his **mother Pauline** who died in July 1998. Memorial Prayers for **John Brennish** of Philipsburg, PA who died on May 7. **Helen Harvey** in memory of her parents Michael and Mary Pirow of Hawk Run, PA. Dennis Pelak in memory of his father Michael who died last year. Mary Ardan in memory of Peter Ardan. Stephen and Lillian Smarsh in memory of Daniel Smarsh and Frank Cuca. **Michael** and **Edythe Bondarchuk** in memory of parents Father Averky and Matushka Marie Dran Bondarchuk.



KITCHEN CORNER

Fortunate are those who have access to homemade perohi. The rest must buy them frozen in the supermarket. many of these are good, but there is usually too much dough and not enough filling. Some have found that it is better to make a Perogi Casserole, plenty of filling and with luck some leftovers to reheat in the microwave oven.

Perogi Casserole

15 lasagna noodles (1 lb.)
2 cups cottage cheese
1 egg, slightly beaten
1/2 teas. salt
sour cream
2 cups mashed potatoes
1/2 cup grated cheddar cheese
1/4 teas. pepper
1/2 cup butter or margarine
1 cup diced onion

Cook the lasagna noodles according to package directions. Drain well. Line the bottom of a greased 9x13 inch pan with 5 of the noodles. In a bowl, combine cottage cheese, egg, and 1/4 teas. salt. Spread over noodles. Layer 5 more noodles over the cottage cheese mixture. In a bowl, mix the mashed potatoes, cheddar cheese, remaining 1/4 teas. salt and pepper. Spread evenly over the noodles. Layer the remaining 5 noodles over the mashed potato mixture. Melt butter over low heat, add the onions and cook until onions are soft. Pour evenly over the last layer of noodles. Bake covered at 350 for 30 minutes or until hot throughout. Let stand 10 minutes before serving. Serve with sour cream.

Variation: Saute small onion and add to mashed potato along with cheddar cheese.

* * * * * *

Unless we keep our minds busy with some definite subject that will bridle and control them, they throw themselves in disorder hither and on in the vague field of imagination. And there is no mad or idle fancy that they do not bring forth in this agitation. The soil that has no fixed goals loses itself; for, as they say, to be everywhere is to be nowhere.

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"Go into all the world and preach the gospel to every creature." Mark 16:15

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WHO WAS ELIJAH?

One of the most beloved saints of the Carpatho-Russian people is St. Elijah. There are many sayings concerning this day. One of them is the belief that it will rain on St. Elijah day. When asked who he is, most will answer that he was the one who went up into heaven in a chariot. That is the end-all of knowledge about him. Now for more...

St. Elijah, who we commemorate on July 20/Aug. 2, was one of the greatest prophets of the Old Testament. He came among the Jewish people at a time when they had begun to drift from the belief of Yahweh, the one true God. The king at this time and especially his queen, Jezebel, were leading the people astray. St. Elijah, who was a prototype of St. John the Baptist (2 K 1:8; Mt 3:4), made a visit to the king and predicted a 3-year drought. The drought came and with it the wrath of the king and queen. This forced Elijah into hiding to save his life. In 1 Kings 19:4-8, we read that he became very depressed. Sometimes a person can get so discouraged that he doesn't eat. Sometimes a person even wishes that he might die, because of what he feels to be his failures. As he was fleeing from the wrath of the wicked queen and in sheer exhaustion, he sat under his bush and prayed for death. He fell asleep, and an angel appeared to him, giving him food not once but twice, and the second time also made a significant statement: "Arise and eat; because the journey is too great for thee." (1 K 19:7)

After he had eaten and rested, Elijah went onto Mt. Horeb, where he had a marvelous revelation of God's presence.

How often do we just need some rest and wholesome food to carry on. Some people push themselves too hard; but when they

(Continued on Page 15 Col. 3)

Home Bible Reading Schedule

JULY 2000

1	Matt 7:1-8	17.	Matt 12:9-13
2	**Matt 4:18-23**	18	Matt 12:14-16, 22-30
3	Matt 9:36-10:8	19	Matt 12:38-45
4	Matt 10:9-15	20	Luke 4:22-30
5	Matt 10:16-22	21	Matt 13:4-9
6	Matt 10:23-31	22	Matt 9:9-13
7	Matt 10:32-36, 11:1	23	**Matt 8:28-9:1**
8	Matt 7:24-8:4	24	Matt 13:10-23
9	**Matt 6:22-23**	25	Matt 13:24-30
10	Matt 11:2-15	26	Matt 13:31-36
11	Matt 11:16-20	27	John 15:17-16:2
12	Matt 11:20-26	28	Matt 13:44-54
13	Matt 11:27-30	29	Matt 9:18-26
14	Matt 12:1-8	30	**Matt 9:1-8**
15	John 10:1-9	31	Matt 13:54-58
16.	**Matt 8:5-13**		

BIBLE STUDY

The first verse of the reading for July 24 reads: "And then the disciples came and said to Him, 'Why do You speak to them in parables?'"

The dictionary tells us that a parable is a short fictitious narrative from which a moral or spiritual truth can be drawn.

When making a meal for her family, a mother will put on the table dishes of various foods. The father and the growing older children will eat a combination and quantity of food that far outweighs what the little child in the high chair spoons away. All are served the same food, but each takes what he or she can handle.

Jesus used parables in a similar way: He could reach many in the limited time of His ministry. All heard the same words, yet each "took in" according to his or her spiritual level.

The Church still offers Christ's parables as a way to teach us. If these stories have become so familiar that we find ourselves listening to them without hearing any message for us, could it be that we fail to take the words of Christ as living words as nourishment for our soul?

The next time a parable is read in church, try to think of it as directed to you personally and ask what Christ is saying to you.

MEDITATION ON INDEPENDENCE DAY

On this day when we celebrate the independence of our nation, we fall down before You, O all-bountiful One, to give thanks for all the abundant blessings that You have bestowed upon us. May we use our precious freedom to do Your will, and with humility, show others how to do the same; we pray to You, O Lord: Hear us and have mercy.

O Author of Liberty: We, Your people, give thanks to You for the manifold blessings bestowed upon our nation. May all the inhabitants of this land offer back to You that which is Yours, which You created for our happiness and salvation, and for our attainment of the Kingdom of heaven; we pray to You, O all-bountiful Lord: Hear us and have mercy.

O God of our Fathers: Grant wisdom and discernment to all who honor this day, and the will to preserve and defend liberty, not just for ourselves, but for everyone regardless of their status in life. Count us all worthy to lead a calm and peaceful life in godliness and sanctity; we pray to You, O Lord: Hear us and have mercy.

Raymond Mastroberte